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SoHo residents seek 'boost'

Feedback. Proposed development has tentative support of community association



ANGELA MULLINS
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The view from Faith Coates' front porch is anything but ideal.

She's only steps away from the Thames River. But, when she opens the door of her South Street home, Coates has to look hard, peering through "brush, scrub and nasty weeds" to see the water.

"We've sat in front of this nasty, ugly parking lot for at least five years," she said. "It's a horrible view."

"Do I want to live across from a beautiful development with trees ... and (green) roofs? Sure. There's a reason I bought my property, and it was, hopefully, so that by the time I retired it would be worth more."

Coates, 58, is one of the people supporting Fincore Canada's plan to build a medical, retail, and residential complex near the southeast corner of Wellington and South Streets.

Aside from seeing the value of her property increase, Coates says the development would be a good start toward actually

The issues

- One of the main concerns neighbours have expressed about the Fincore development is that the company has requested rezoning for land it doesn't yet own. Changing the land designation now could hurt future ventures if Fincore doesn't secure the property it expects to buy, including a parcel owned by the city.
- Some are worried Fincore plans to buy land, get the zoning changed and "flip" the property to someone else.

rebuilding instead of just planning for SoHo's future.

"It's an up-and-coming neighbourhood, and it needs some kind of gateway development," she said. "We desperately need the economic boost here in town."

Fincore's proposal got off to a rocky start, something Coates and other supporters acknowledge.

Officials didn't share their plans with the SoHo Community Association before asking the city to rezone property. The company's first proposal was for a series of high-rise towers



Faith Coates, 58, is pictured Monday in an abandoned parking lot across the street from her South Street home. The lot, once used as parking for the old South Street Hospital, would be turned into a residential, medical, and commercial complex under plans pitched by developer Fincore Canada. Coates and several others in the neighbourhood see the proposal as a way to get going on SoHo redevelopment plans. ANGELA MULLINS/METRO

that would have blocked the waterfront and, neighbours say, prevented community access.

Plans have since been revamped with only two towers — one each on the east and west sides of the development with townhouses in between

— now on the drawing table. Two pathways, which would be open to the public, would lead to the river.

With the changes made, the SoHo Community Association likes what it sees, president Tayna Park said. City staff are

also on board, recommending that council approve Fincore's rezoning for South Street properties stretching from Wellington to around Waterloo Street.

The recommendation comes with requirements that Fincore follow certain guide-

lines, including those lobbied for by the community association.

"We're in favour of what we see on paper," Park said. "We just want to (make sure) what we see on paper is what's really built."



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Fontana lawyers to ask for four more weeks

Fraud case. Only procedural matters expected to come up during second hearing in mayor's criminal trial



ANGELA MULLINS

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Mayor Joe Fontana's legal team is expected to ask for a four-week adjournment when his fraud case returns to court Tuesday.

The extra month will allow for additional review of evidence and more talks with the Crown, said Gord Cudmore, Fontana's lawyer.

"We're working on what do we agree on, and what do we not agree on," Cudmore said about the talks.

"There's no plea negotiations going on."

Fontana is accused of using a \$1,700 federal government cheque to cover a room deposit for his son's 2005 wedding reception. He was a federal cabinet minister at the time.

A preliminary hearing is unlikely to occur before

At a glance

Mayor Joe Fontana is charged with:

- Fraud under \$5,000
- Breach of trust by a public officer
- Uttering forged documents

summer, Cudmore said. A trial in early 2014 is a possibility.

"It will depend more on the court schedule than anything else," he said.

Tuesday's hearing will mark the second in the case and is again slated for courtroom A — a small space reserved for the initial stages of proceedings — at the London courthouse.

During a Jan. 8 hearing, only one media outlet, chosen by drawing straws, was allowed in the courtroom because of the tight quarters.

Fran Martellotti, manager of court operations, said the case won't be heard in a standard courtroom until a pre-trial or similar hearing is scheduled.



Mayor Joe Fontana is accused of using a government cheque to cover a deposit for his son's wedding. ANGELA MULLINS/METRO

Budget talks. Supposed meeting by 'Fontana 8' sparks reaction

Days before the final vote on the 2013 municipal budget, there are allegations of another secret meeting involving members of the so-called Fontana 8.

A similar gathering around the same time last year at the Harmony Grand Buffet, only hours before a final budget vote, resulted in an investigation being launched by the Ontario Ombudsman.

This time, members of the mayor's voting bloc gathered over the weekend at Billy T's Tap & Grill on Highbury Avenue. So far, it's been confirmed that Mayor Joe Fontana and councillors Joe Swan, Dale Henderson, Bud Polhill, Sandy White and Stephen Orser were there. It was not clear whether Denise Brown or Paul Van Meerbergen were also in attendance.

Fontana said the gathering happened innocently enough, as he was already scheduled to meet Orser at the restaurant that day.

The vote

The final vote on the 2013 budget is scheduled for Thursday at city hall.

"The fact that a couple more happened to wander in and decided to come in and have a hamburger, that's all we did," Fontana told AM 980.

Fontana added that the budget was not discussed.

Coun. Nancy Branscombe doesn't buy that.

"Nobody's a fool; we know what they were talking about," she said. "They're not just meeting to shoot the breeze about the World Figure Skating Championships coming to London. They're treating people like they're fools."

At this time, no complaints from the public have been made to the office of the Ombudsman.

AM980/AM980.CA

City facilities

New smoking rules pegged to start in spring

Smoking within nine metres of city-owned buildings and recreation facilities, including playgrounds, will likely be off-limits after May 1.

City staff have drafted a bylaw that prevents people from lighting up in those spots.

The bylaw still needs council approval, but was based on rules politicians endorsed in October.

People who violate the ordinance would face a \$250 fine.

The Middlesex-London Health Unit's tobacco team will be charged with enforcing the bylaw.

An awareness campaign, along with installing signs at some parks, is planned.

City officials are expected to revisit the bylaw in three years and might consider stepping up the war on tobacco — banning smoking in all parks.

ANGELA MULLINS/METRO

Hit and run

Woman faces multiple charges

A 26-year-old woman has been charged with nine offences after allegedly being involved in a hit and run during a drug deal.

On Sunday at 11:30 a.m., police said the accused met a woman in a parking lot at Dundas and Wavell streets to sell her drugs, adding that the accused took the money without providing drugs and drove away. While fleeing, she struck a vehicle, did not stop and hit a tree on Royal Crescent, police said. Both the accused and her passenger were uninjured and fled the area on foot, according to police. A short time later, the passenger reported to police that she was in a collision and that she was the driver. The actual driver was later located and arrested. METRO



Westmount area

One dead in reported triple suicide attempt

London police say foul play is not suspected after one person died and two others rushed to hospital from a townhouse in the Westmount area.

Paramedics responded to an emergency call around 4 a.m. Monday for three people with possible vital signs absent inside a residence on Dalhousie Crescent in the Southdale and Wonderland Road area.

One patient, described only as an adult male, was pronounced dead at the scene. Two other adult patients were taken to hospital with life-threatening injuries, although their condition had stabilized.

Multiple sources told AM980 all three victims are members of the same family, and all three had attempted suicide.

Police said they're assisting the coroner's office with the investigation, and criminal charges are not anticipated. AM980/AM980.CA

Astronaut and Trudeau rival talks about leadership vision

Investing in startups. Liberal Marc Garneau says knowledge is key to economic growth



ANGELA MULLINS

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Liberal leadership hopeful Marc Garneau thinks he's on to a bright idea for Canada: boosting the knowledge-based economy to improve innovation and productivity.

"We need to put in place measures that will help to stimulate the development of new enterprises," he told a group of Western University students Monday. "We have a talented workforce, a well-educated population here in Canada, but we're not doing as well as we could."

Garneau, the country's first astronaut-turned-Montreal MP, was quick and concise as he laid out his economic plans for the nation.

He wants to encourage investment in startup companies by offering capital-gains exemptions or angel-investor tax credits to those willing to take a risk.

He's also promising policies that pay companies back for upgrading employees' skills and payroll tax deductions for businesses that hire young people. Under his plan, people wouldn't have to repay student debt until they have a job.

The Montreal MP's visit to Western was a stark contrast to that of MP Justin Trudeau, considered the front-runner in the leadership race.

Where Trudeau talked to more than 500 students earlier this month about ideals and forming a vision for the country, Garneau — considered by many to hold second place in the race — was greeted by about 20 students and spoke about specific action points.

Earlier in the day, Garneau threw down the gauntlet to Trudeau, challenging him to a one-on-one debate.

Mistakes were made

"We made a mistake in the past of not asking difficult questions of our leaders."

Montreal MP and Liberal leadership hopeful Marc Garneau

Eight contenders

George Takach, a contender for the Liberal leadership, withdrew from the race Monday.

- The Toronto technology lawyer says he will seek a nomination to run as a Liberal candidate in the Toronto area in the expected 2015 election.
- Takach's departure leaves eight contenders in the race, which concludes April 14.

Trudeau, who declined the challenge, has spoken in generalities during every debate and public appearance so far, Garneau said.

It's time to set the record straight, he said.

"We made a mistake in the past of not asking difficult questions of our leaders. We cannot, as a party, afford to make that same mistake this time," Garneau said at Western. "People need to know where Justin Trudeau stands on the issues."

"We really need to know what we're getting into."



Montreal MP Marc Garneau talks to the Ivey Political and Economic Issues Club on Monday at Western University. Garneau is one of eight people in the race to become leader of the federal Liberals. ANGELA MULLINS/METRO

Time to lower economic expectations again: Carney



Bank of Canada governor Mark Carney speaks at the Richard Ivey School of Business in London on Monday. FRANK GUNN/THE CANADIAN PRESS

Canadian economic growth in the fourth-quarter may be a little softer than expected by the Bank of Canada, due in part to weak exports, governor Mark Carney said Monday.

The country's central banker made the comments following disappointing economic data last week that showed inflation at its lowest point in more than three years and a holiday shopping season that fell short of expectations.

"In the very near term, more of the elements of the

downside risk have materialized than the upside risks," Carney said.

In its monetary policy review last month, the central bank said the Canadian economy inched along at only one per cent in the last three months of the year.

As well, the Bank of Canada downgraded growth expectations for 2012 and 2013 by three-tenths on both counts to 1.9 per cent and two per cent respectively.

The Bank of Canada is expected to update its economic forecast in April.

Carney, who said the central bank's forecast is a little more optimistic than the consensus of private sector economists, explained the economy is in the midst of a rotation from depending on the housing market and debt to stronger business investment and exports.

However, export growth has not been as strong as expected.

"The export performance has been lower on average than we had expected," Carney said.

THE CANADIAN PRESS

Local lecture

Mark Carney delivered the Thomas d'Aquino Lecture on Leadership to about 200 students, as well as faculty and staff at the Richard Ivey School of Business.

- The lectureship in d'Aquino's name was established in 2006 in recognition of his leadership in the business, public policy, and not-for-profit sectors.

Concerned citizens

Man charged with drunk driving

A London man was charged after someone called OPP about a possible impaired driver on Longwood's Road in Southwest Middlesex. On Saturday at 6:06 p.m., police spotted the vehicle and completed a traffic stop.

Robert Brown, 44, has been charged. METRO

Police work together

Early-morning DUI arrest made

Ontario Provincial Police charged a man Monday morning after London police advised them of a possible drunk driver headed north on Richmond Street.

J. Derek Scott, 32, of Bosanquet is charged with one count of impaired driving. METRO

Broken windows

Restaurant attack leads to charges for Londoner

An intoxicated man who became enraged after a confrontation and kicked in windows at two restaurants has been charged, police said. On Sunday at 12:42 a.m., Middlesex County OPP were called to

the Mill Pond Tap and Grill in Dorchester. Police learned a man broke windows at Mill Pond Tap and Grill and at Town and County Pizza.

Sean Fletcher, 45, of London, was charged with two counts of mischief under \$5,000. METRO



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Extended hours at Urgent Care Centre

Starting Friday, the Urgent Care Centre at St. Joseph's Hospital will be open Monday to Friday from 8 a.m. to 6 p.m., and from 8 a.m. to 4 p.m. on weekends and holidays. The centre cares for patients with non-life threatening injury or illness. METRO

Time to refocus

Rogers Sarnia Bayfest cancelled

Rogers Bayfest in Sarnia has announced that there will be no concert this summer.

The event will be going on hiatus to allow for an opportunity to refocus and reinvent, with plans to return in the future. AM980/AM980.CA

Home care vs. hospital. Health minister is 'OK' with closing hospital beds

Health Minister Deb Matthews says closing hospital beds is now a fact of life in Ontario.

"There may well be beds closed, but that's not a bad thing because if you are getting people home and providing care for them at home then sometimes it's appropriate to close a bed ... I don't measure the success of our health-care system by how many beds we have," the London North Centre MPP told reporters Monday.

The Ontario Health Coalition said earlier something had to give when the Liberal government put the brakes on health-care spending. The coalition claims spending has been slashed by \$3 billion, most of

Competing claims

While Matthews conceded that the health-care system has to be transformed, her office insists "we are not cutting funding by \$3 billion, in fact we're increasing it by more than \$1 billion this year alone."

which it says has been shouldered by hospitals and the Ontario Health Insurance Plan.

Prompted by the cuts, the 400-member coalition is holding a provincial day of action on March 4 called SOS, or Save Our Services. **TORSTAR NEWS SERVICE**

Game-worn

Knights auction off jerseys

Knights fans can view and bid on the 2012-13 game-worn jerseys that are up for auction at londonknights.ca. The jersey auction runs until July 8 at 10 p.m.

METRO

Muscular dystrophy

Firefighters climb for disorder cure

On Thursday, members of the LPFFA will climb to the roof of the Covent Garden Market for the third annual 72-Hour Roof Top Camp Out for Muscular Dystrophy. **METRO**

Knights' Broadhurst adds pop potential to penalty kill



London Knights forward Alex Broadhurst plays the puck during Friday's game against the Sault Ste. Marie Greyhounds at Budweiser Gardens. The Chicago Blackhawks prospect will be an asset on the penalty kill. **JOHN MATISZ/METRO**

Short-handed sniper.

Forward has seven game-winning goals this season



JOHN MATISZ
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Alex Broadhurst was confident nearly everyone in the London Knights dressing room knew about his claim to fame.

Strangely, one of those unaware, up until Friday, was assistant coach Dylan Hunter.

"I didn't know that," said Hunter, deadpan, when asked about Broadhurst's remarkable short-handed hat trick last season. "Nope."

On April 24, in Game 3 of a second-round playoff series in the United States Hockey League, Broadhurst, then a member of the Green Bay Gamblers, scored three times while his team was down a man.

The unusual hat trick is a USHL record. Theoren Fleury holds the NHL record with three short-handed goals in a game. The Canadian Hockey

The hat trick

1. (2:41 of 1st) Intercepts pass, goes in on break-away, scores backhand.
2. (18:50 of 2nd) — Poke checks puck, goes end-to-end, scores backhand.
3. (13:34 of 3rd) — Blocks shot, rushes up ice, taps in rebound on 2-on-1.

League high for short-handed goals in a game is also three, shared by five players.

"I like to leave it in my past, because I feel like that's going to be (considered) my prime and I won't (be remembered for) anything after that," joked the 19-year-old OHL rookie.

To put the accomplishment in perspective, the Knights have a total of 10 short-handed goals this season.

The post-season is roughly a month away, and Broadhurst will surely be jumping over the boards to kill penalties then. Under the right circumstances, he could surprise Hunter again.

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Cannibalism. NYC jury to decide if alleged plot was real or sick fantasy

The estranged wife of a police officer struggled to keep her composure Monday as she testified about discovering shocking online chats and other evidence on his computer showing he had discussed killing her and abducting, torturing and eating other women.

The drama came on the first day of testimony at the closely watched trial of the 28-year-old Gilberto Valle, dubbed the "Cannibal Cop" by city tabloids.

Valle is accused of conspiracy to kidnap a woman and unauthorized use of a law

enforcement database that prosecutors say he used to help build a list of potential targets. A conviction on the kidnapping count carries a possible life sentence.

The officer has claimed his online discussions of cannibalism were harmless fetish fantasies. But in opening statements Monday, a prosecutor said "very real women" were put in jeopardy.

"Make no mistake," U.S. assistant attorney Randall Jackson told a jury. "Gilberto Valle was very serious about these plans."

THE ASSOCIATED PRESS

Census research

U.S. dropping use of term 'Negro'

After more than a century, the U.S. Census Bureau is dropping its use of the word "Negro" to describe black Americans in surveys.

Instead of the term that came into use during the era of racial segregation, census forms will use the

more modern labels "black" or "African-American."

Nicholas Jones, chief of the bureau's racial statistics branch, pointed to months of public feedback and census research that concluded few black Americans still identify with being Negro and many view the term as "offensive and outdated."

The change will take effect next year.

THE ASSOCIATED PRESS

Prosecutors seek manslaughter trial for Costa captain

Deadly shipwreck.

Captain depicts himself as a hero, while cruise company lays blame on human error

Italian prosecutors on Monday officially requested an indictment of the Costa Concordia's captain on manslaughter charges in the shipwreck of the cruise liner that killed 32 people last year off the Tuscan coast.

Prosecutors based in Grosseto, Tuscany, also are seeking a trial for Francesco Schettino, the captain of the luxury cruise liner, on charges of causing a shipwreck and abandoning the vessel during the frantic and confused evacuation of passengers and crew.

The Concordia was conducting a publicity stunt off the coast of tiny Giglio island the night of Jan. 13, 2012, prosecutors say, when it slammed into a jagged



The cruise ship Costa Concordia, leaning on its side near the shore of the Tuscan island of Giglio, Italy. PAOLO SANTALUCIA/THE ASSOCIATED PRESS FILE

reef, which speared the ship and left a 70-metre-long gash in the hull. The cruise liner quickly took on water and capsized, ending on its side near the island's port.

Prosecutors also requested the indictment of five other crew members, including two other officers on the bridge.

The proposed charges against them vary, but all are accused of manslaughter.

Schettino has tried to depict himself as a hero, claiming it was his deft steering after the collision that allowed the ship to move closer to the port and help save lives.

THE ASSOCIATED PRESS

Headway? Syria ready to talk to rebels

Syria said Monday it is prepared to hold talks with the armed rebels bent on overthrowing President Bashar Assad, the clearest signal yet that the regime is growing increasingly nervous about its long-term prospects to hold onto power as opposition fighters make slow but persistent headway in the civil war.

The offer, by Syrian Foreign Minister Walid al-Moallem during a visit to Moscow, came hours before residents of Damascus and state-run TV reported a huge explosion in the capital, followed by gunfire.

The proposal marked the first time that a high-ranking regime official has stated publicly that Damascus would be willing to meet with the armed opposition.

But al-Moallem did not spell out whether rebels would first have to lay down their weapons before negotiations could begin — a crucial sticking point in past negotiations.

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Greenhouse gas

New rules aim to cut truck emissions

The federal government says new regulations for heavy-duty trucks will cut greenhouse-gas emissions and give truckers a break on fuel costs to boot. The regulations will be phased in between now and the 2018 model year and will produce a cumulative reduction of 19.1 megatonnes of greenhouse emissions.

THE CANADIAN PRESS

Market Minute



DOLLAR
97.31¢ (-0.65¢)



TSX
12,650.87 (-50.76)



OIL
\$93.11 US (-2¢)



GOLD
\$1,586.60 US (+\$13.80)

Natural gas: \$3.42 (+13¢)
Dow Jones: 13,784.17 (-216.40)

Don't try the Swedish meatballs: Ikea caught up in horsemeat scandal

Carpe equus. Popular frozen food item pulled off shelves in at least 15 European countries



JESSICA CARLESON
Metro World News in Stockholm

Europe's ongoing horsemeat scandal has claimed another victim as Swedish retail giant Ikea was forced to withdraw meatballs from sale in at least 15 countries.

The retailer's announcement came after authorities in the Czech Republic found traces of horsemeat in an affected batch made in Sweden. The Czech State Veterinary Administration said horsemeat had been found in one-kilogram packs of meatballs, which were shipped to the Czech Republic for sale. A total of 760 kilograms of the meatballs were affected.



In this photo taken Monday, billboards for Ikea meatballs are taken down in the parking lot of an Ikea store in Stockholm, Sweden. The Swedish furniture giant was drawn into Europe's widening food labelling scandal after authorities in the Czech Republic detected horsemeat in frozen meatballs that were labelled as beef and pork and sold in countries across Europe. JESSICA GOW/THE ASSOCIATED PRESS

Meatballs from the same batch have been withdrawn from more than a dozen more countries. "We take this very

seriously and have withdrawn one-kilo bags of frozen meatballs from Slovakia, the Czech Republic, Hungary, France, Brit-

ain, Portugal, Italy, the Netherlands, Belgium, Spain, Cyprus, Greece and Ireland," in addition to Sweden and Czech Republic, Ikea spokeswoman Ylva Magnusson said.

The product had also been removed from shelves in Denmark, according to Dorte Hjorth Harder, spokeswoman for Ikea Denmark.

Gunnar Dafgard, the supplier of the meatballs, is located in southwestern Sweden and was holding crisis meetings Monday. In a written statement, it said that "the shipment in question has been stopped and we are investigating the situation." The company added that it was performing its own DNA tests on the batch.

The news came as European Union ministers were meeting in Brussels to discuss how to contain the spiralling scandal, which broke out in January when horse DNA was found in beef burgers in Britain and Ireland.

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Not all registered retirement savings plans are alike. Take some time to find out which account is best for you and your future savings. BANANASTOCK/THINKSTOCK

So many choices out there

Research. Not all RSPs are the same; which savings vehicle is the right one for you?

MICHELLE WILLIAMS
For Metro

How much do you really know about registered retirement savings plans?

Most of us are aware that it's an account that gives us some financial advantages at tax time. But if you think all RRSPs are alike, read on:

Individual RRSP

This is a common type of RRSP registered in the name of its contributor, available to Canadians with a reported earned income, purchased through

banks and financial institutions. From there, you select how you would like to invest the money in your RRSP: GICs, stocks, bonds, mutual funds, etc. — options provided by the financial institution.

"You can contribute up to 18 per cent of your yearly income, to a maximum of \$22,970 for the 2012 tax year, less applicable company sponsored pension contributions; you can also make a larger yearly contribution with any accrued unused amounts from previous years," explains Serena Cheng, director of wealth management and an investment adviser with Richardson GMP in Toronto.

Self-directed RRSP

"The difference here is simply this — you create and manage your own portfolio alone or with a financial adviser.

You have a wider range of investment options as well as the ability to oversee your account," Cheng said. This is often an option selected by those who are knowledgeable about investments or have considerable RRSP savings and would like more diversification in their investment portfolio.

Spousal RRSP

This RRSP provides a way to help both members of a couple — typically, the spouse with a higher income makes the contribution, thus lowering his/her income and paying less tax. The other builds up his/her RRSP.

"Ultimately, the money withdrawn in retirement will benefit both partners, so this is a great strategy for couples to help balance their income, savings and taxes" Cheng said. "Also, as long as your spouse is

71 or younger, you can contribute to their spousal RSP and still claim the tax deduction."

Group RRSP

Available only to those whose employers offer them, group RRSPs deduct contributions from paycheques and direct or provide options towards how funds for the group are invested.

"The big advantage here is that it is a way to automatically save — and save on taxes," Cheng said. "Contributions are taken from pre-tax pay, reducing your tax burden immediately. Plus, some employers even match or add to your investment."

Can you mix it up and have more than one type of RRSP in your portfolio? "Absolutely," Cheng said. "Just keep track and make sure you don't contribute over your limit."



Following some simple tips can help make sure you have enough savings for your future.

ISTOCKPHOTO/THINKSTOCK

How to save for your future properly

Didn't get around to saving for an RRSP contribution this year? You aren't alone.

Most people get so caught up in spending — and staying on top of the debt they create — they never seem to get around to saving for retirement.

Here are some tips from senior financial consultant Jason Pereira of Bennett March & IPC Investment Corporation in Toronto to help you save for this coming year.

1 Make the contribution regularly. It's easier to

keep up regular contributions so you don't scramble come the deadline — and your compound interest ends up being greater than if you wait until March 1.

"You're less likely to miss the money if you don't have it there. Have it come out of your account automatically and go into your RRSP each time you're paid."

2 Pay less tax on the way. For those who typically get a tax refund, another great way to save is to have less tax deducted from each

paycheque. Simply complete the T1213 form on the Canada Revenue Agency website to reduce your taxes at source.

"By using this form, you'll save tax every paycheque versus getting it all at once in a tax refund in the end."

3 Invest your tax refund. "If you get a refund, remember it's not found money." Instead of going out and spending it, "put it in your RRSP to help you get another refund ... and repeat every year." MICHELLE WILLIAMS

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ARE YOU HAVING ENOUGH SEX?



SHE SAYS...
Jessica Napier
metronews.ca

I know plenty of young attractive couples that just aren't having sex that often. While we might be in the so-called sexual prime of our lives, we're also busy millennials struggling to pay bills in a less-than-kind job market. We work odd hours, live with our parents, watch Netflix in the bedroom and do lots of other things that aren't conducive to getting busy on the regular. But I also think that many of us aren't trying hard enough.

Victoria's Secret's presence across North American shopping malls makes racy lingerie about as ubiquitous as Cinnabon. And yet, how many of us actually bother with titillating sleepwear other than on Valentine's Day and anniversaries? I recently discovered that a dear friend of mine is the proud owner of a knee-length, long-sleeved, Owl-print nightshirt. I love her and I'm sure it's seriously comfortable but flannel in the bedroom is the opposite of arousing.

Less isn't more

According to a Playtex survey released earlier this month, 35 per cent of Canadians reported having sex just a few times a month while 19 per cent are only doing it once a month or less.

in a real and honest way. Engaging in open communication with friends about your sex life might inspire you to try something new or make you realize what you're missing out on. And while comparing bedpost notches might feel competitive, it also gives us a broader frame of reference for understanding our own sexual behaviour and desires.

According to a Playtex survey released earlier this month, 35 per cent of Canadians reported having sex just a few times a month while 19 per cent are only doing it once a month or less. With the average between-the-sheets session lasting a mere six minutes, I'm willing to bet that most of us spend more time each day waiting for the bus or standing in line at Starbucks than we do being intimate with our partners.

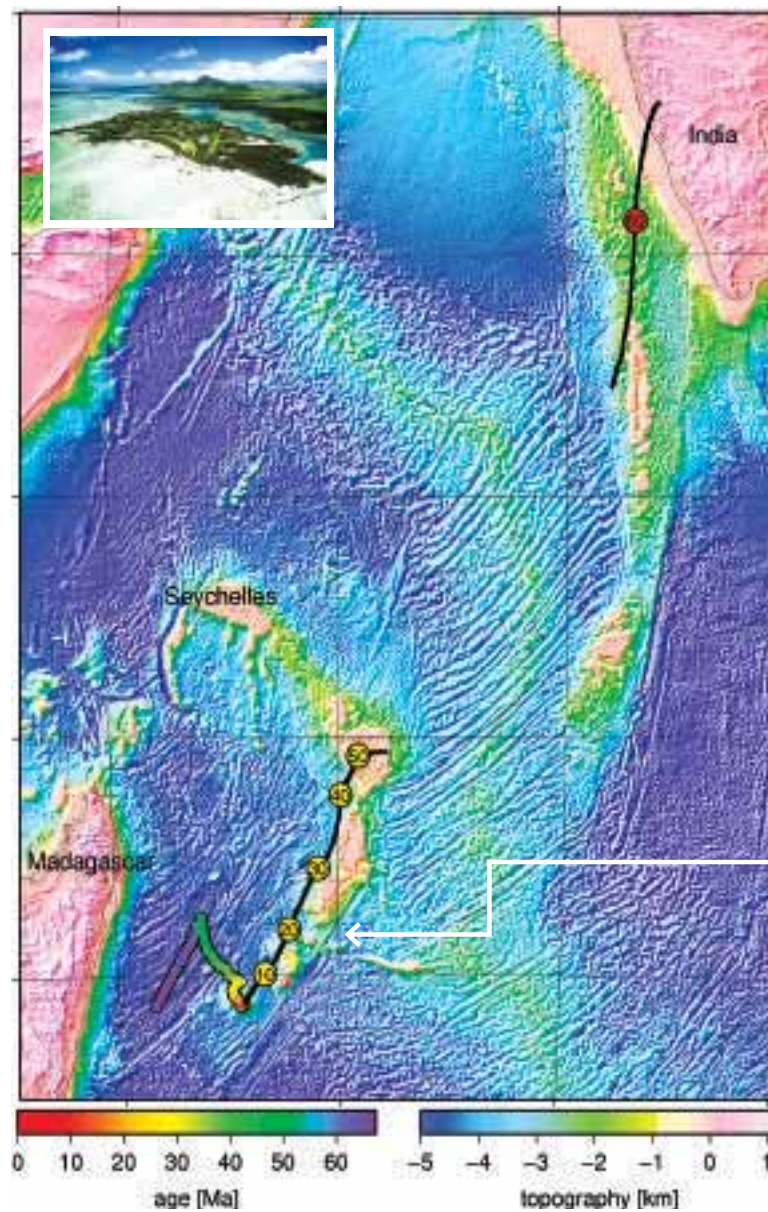
I know sex isn't everything but it is a significant part of a healthy and satisfying romantic relationship. This is our time folks; one day there will be mortgages and babies and elderly parents to deal with and we will enter the very unsexy years. So for now, let's banish the unflattering nightgowns from the bedroom and put in the effort to start doing it more and doing it well.

Follow Jessica Napier on Twitter @MetroSheSays



Get into some pants — that aren't your own. DREAMSTIME.COM

Paradise no longer lost



New world discovered

Continent under Mauritius found

Atlantis may exist after all. Researchers claim they have found an ancient continent beneath the Indian Ocean. The micro-continent known as Mauritia detached about 60 million years ago while Madagascar and India drifted apart, before it was buried under huge amounts of lava, says a study in the latest issue of Nature Geoscience. **METRO**

Continental crust

Seychelles: lost continent

Mauritia, located between India and Madagascar, probably existed after the single landmass called Rodinia began to break up to form our modern continents.

Researchers believe the Seychelles may be its surviving fragment. **METRO**

How they found it

Ancient mineral was crucial

Researchers gathered sand grains traced to a volcanic eruption from the beaches of Mauritius (inset).

The grains possessed a much older mineral, zircon, dated between 600 million and 1.97 billion years old. This led researchers to conclude that they were the remnants of ancient land that had been dragged up to the surface during the volcanic eruption. **METRO**



Register at metropolitanpanel.ca and take the quick poll

Is digital communication killing romance?



Twitter

@jaewall: You know when you drink too much coffee and it makes you weird? #merightnow

@sky_scratcher: Reading week is over #Western. Back to the books #sadtweet lol

@paulvt: Another secret meeting? Why don't we sell city hall and replace it with a circus tent? We already have the clowns... #ldnont

@K_MAN32: Taking a cue from Oscars, to finalize budget, long presentations to be played off with 'City of Opportunity' theme. #ldnont #ldnbudget13

@DeniseTesta: Plea: anyone in the #ldnont region willing to donate a bag of cat food. Food required for a feral cat colony. I'll arrange a drop off point

DVD review



Best of Warner Bros.

Argo's win for best picture at the Academy Awards last weekend must have seemed completely natural to Warner Bros.

The movie studio, incorporated by brothers Harry, Albert, Sam and Jack Warner on April 4, 1923, is the best picture champ amongst Hollywood corporate titans, with a total of 22 wins to date — Argo would make number 23.

Warner is celebrating its 90th anniversary, and its Oscar acumen, with two Best of Warner Bros. disc collections worthy of the hoopla: a 100-disc DVD set that includes all 22 best picture winners and a 50-disc Blu-ray set that skims most of the cream, including 16 of the top Oscar champs.

The DVD set list reads like a history of the movies, from *The Jazz Singer* (1927) at the dawn of the sound era to *Inception* (2010) near the dusk of the analogue film age. Both sets come with two new and worthwhile documentaries: *Tales From the Warner Bros. Lot* and *The Warner Bros. Lot Tour*. And both sets also have a whopper of a price tag: \$600 suggested retail, although smart shoppers will find discounts.

This collection is quite something, a movie fan's dream. But what is Warner Bros. going to do 10 years from now, for the 100th anniversary?

PETER HOWELL



Theo James plays Walter Clark Jr., a police commissioner whose rise to power is told through extended flashbacks in the CTV drama *Golden Boy*. HANDOUT

Portrait of the officer as a young man

Golden Boy. Ambitious new cop drama shows a fledgling detective's climb through the ranks



NED EHRBAR

Metro World News in Hollywood

The folks behind *Golden Boy* are hoping TV audiences are in the mood for some high-concept plotting with their cop procedurals.

It's an ambitious story, to be sure, framed by interviews from seven years in the future when Walter Clark Jr. (Theo James) has become the youngest police commission-

er in New York City history, each episode in the first season then jumps back to his first year as a homicide detective with a gruff older partner (Chi McBride).

But just how plausible is it that a hotshot young detective could become police commissioner so quickly? "Well, you can be appointed," explains executive producer Nicholas Wootton. "You know, the police commissioner is an appointment. It's not an elected position, and it is not something you have to take a test for. That is how every police commissioner has been appointed. (Bernard) Kerik was appointed, for better or worse. Some people are more suited to the job, clearly, as we've seen in the last many years, and then others

are presently in jail."

And just what kind of commissioner the main character on *Golden Boy* becomes is part of the fun of the show, Wootton explains. "You will see, as we continue forth in the series, that he is quite political," he says. "You see instances in the future where he is kind of devious. We see him learning the lessons that Chi's character teaches him. There's a way to be. And then we see him learn things that are completely politically vicious."

Wootton admits they've been very careful about depicting life in the not-too-distant future, finding a balance that hopefully feels believable.

Golden Boy airs on CTV, and premieres tonight.

That dude from *Downton*

Avid TV fans may recognize *Golden Boy* star Theo James from an early and pivotal episode of *Downton Abbey* in which he played dashing and doomed Turkish diplomat Kemal Pamuk, who famously died while in bed with Lady Mary (Michelle Dockery). The brief role has given James a level of notoriety he didn't quite see coming, he admits. "I mean, I'm on screen for about 20 minutes, and I still get people going, 'Mr. Pamuk!'"

Author gets crazy in the Sunshine State



Humorist Dave Barry has a wacky new novel called *Insane City*. GETTY IMAGES

Insane City. Dave Barry's new book is a screwball adventure

DOROTHY ROBINSON

Metro World News in New York

Dave Barry's special brand of book writing—outrageous plots, loony characters, susceptible quests, inept bad guys—is only plausible because of where the stories are set: Florida. The state is his comedy muse.

"Carl Hiaasen has the best quote about it: 'If you want to be a writer in South Florida, you

don't need an imagination, you just need a subscription to the newspaper,'" says the author from his home in Coral Gables, Fla. "It is the weirdest place in the U.S."

Barry credits the state's diverse nature for its special brand of crazy.

"You have all of these cultures bumping up on one another; just this incredible variety. And a lot of them arrive here solely to drink or take drugs or party. And when all of these people come together, they create this permanent cloud of weirdness."

And things definitely get

weird in his first solo adult novel in more than a decade, *Insane City*, out last month. The screwball adventure follows Seth Weinstein, a hapless groom who has to handle not only his fiancée's over-the-top wedding arrangements but a Haitian refugee, a stripper, an elite businessman, two dangerous bodyguards and one particularly randy orangutan, as well.

Barry says that he found a believable protagonist in Seth. "Here is a guy who is stuck with a tough choice and he knows he has to make the right decision even though it might wreck his wedding," he says.



MC Hammer

'Chubby Elvis-looking dude' arrests MC Hammer

Rapper MC Hammer was arrested in Dublin, Calif., over the weekend for obstruction of justice and resisting a police officer, according to TMZ. But shortly after his release from jail, Hammer offered his own take on the events via Twitter, claiming he was the victim of racial profiling. "Chubby Elvis-

looking dude was tapping on my car window. I rolled down the window and he said, 'Are you on parole or probation?'" wrote Hammer, who is also a preacher. "While I was handing him my ID, he reached in my car and tried to pull me out the car but forgot he was on a steady doughnut diet."



Martyn LeNoble and Christina Applegate

Wedding bells for Christina Applegate

Christina Applegate had more important things to celebrate this weekend than the Oscars. The actress, who recently bowed out of the sitcom *Up All Night*, married longtime fiancé Martyn LeNoble Saturday "surrounded

by family in a private ceremony at their home in Los Angeles," according to *People* magazine. The couple has a two-year-old daughter, Sadie Grace LeNoble, and has been engaged since Valentine's Day 2010.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Janet Jackson is a married woman?



THE WORD
Dorothy Robinson
scene@metronews.ca

If you've been wondering where Janet Jackson has been (besides being caught up in her crazy family drama), it turns out she's been off getting married. The 46-year-old singer secretly wed Qatari billionaire Wissam Al Mana, 37, last year. In a statement to *Entertainment Tonight*, the couple tried to set the re-

cord straight about rumours they were planning an over-the-top wedding in the near future. "The rumours regarding an extravagant wedding are simply not true. Last year we were married in a quiet, private and beautiful ceremony," the couple wrote, thus blowing everyone's minds. "Our wedding gifts to one another were contributions to our respective favourite children's charities. We would appreciate that our privacy is respected and that we are allowed this time for celebration and joy."

There's something about the phrase "Qatari billionaire" that has such a nice ring to it, right?



Justin Timberlake and Jay-Z ALL PHOTOS GETTY IMAGES

Kanye slams Jay-Z and Timberlake's tour plans

Jay-Z announced last week that he's embarking on a tour with Justin Timberlake to mark *Suit & Tie*, Timberlake's first new album in five years, but not everyone is happy about the news. Kanye West, who toured with Jay-Z last year following the release of their *Watch the Throne* album, sounded off about the new collaboration onstage in London this weekend.

"I got love for (Jay-Z), but I ain't f—ing with that

I'ma let you finish, but...

"I got love for (Jay-Z) but I ain't f—ing with that Suit and Tie."

Kanye West spoke out to London fans while onstage over the weekend

Suit and Tie," West told the crowd, according to *Billboard* magazine, before launching into an extended rap about selling out.



Ashton Kutcher and Mila Kunis

Ashton and Mila step up the commitment

Mila Kunis has reportedly been shacking up with boyfriend Ashton Kutcher at his Hollywood Hills home while hers is being renovated, but she may make the living situation permanent, according to

Us Weekly. "Ashton's male roommate is moving out to make room for her," a source says. "They really are perfect for each other. They were friends first, and then it switched to love. That's a great foundation for a relationship."

Twitter



@JimCarrey

Elton's party was fun. My big feet and little angel wings were an expression of my somewhat awkward spiritual journey.



@ElizabethHurley

Exciting shopping today in a dusty warehouse in Chennai; now trying to persuade @warne888 that we HAVE to ship it all home.....



@iamwandasyses

If I every fall on national tv, I'm not getting up.



@SarahKSilverman

Michael Douglas looks AMAZING for Kirk Douglas



DR. SANJAY GUPTA

CNN's in-house neurosurgeon executive produces the new TV drama Monday Mornings. He wants everybody wearing a lab coat, as medicine prepares for the age of open source.

CREATOR OF MONDAY MORNINGS

Your show is set in doctors' private meetings. Will we be shocked?

It's very real and authentic. There has always been a depiction of doctors at one level and patients at another, but this is about when mistakes and complications happen. The perception is that the conversation ends with the relationship between patient and physician, but this about how we learn from it.

What will surprise us most?

That these meetings happen at all. I've been going to them

for 20 years but very few people know they exist.

You moved from medicine into media and now entertainment — is this a passion to open up the profession?

The common denominator is still health. I'm a doctor first, but they are all educational tools. As a journalist I'm trying to educate people about health issues.

Journalism uses lots of open-source content now — can medicine do that?

It has to become more open

sourced. We need to get past a few medical journals dictating standard practice. We're starting to see smaller clinics adding to the dialogue in ways we haven't seen before. But with medicine the stakes are high and you want people trained in the best existing knowledge. I don't know that "hobbyists" are the solution, but the knowledge base can grow more quickly. If someone has an idea — say for slowing memory loss, it could take years to be published in a medical journal and that is too long for people waiting now.

On the "patients like me" website, patients themselves start the dialogue about problems that don't get much attention, and based on that clinical studies are starting.

Brain surgery should be left to experts, but how competent can an amateur get?

The technical aspects of these things are not the limitation. I teach people to operate all the time, I can turn you into a surgeon pretty quickly! Ninety per cent of training is focused on how to handle when things don't go as expected.

How can we pimp our brains?

People already do it. There's cognitive enhancement happening through medication; how to stimulate neurotransmitters or increase attention. It probably increases dedication to particular tasks. Memory is the most fertile area for study. One of my professors in his 80s is confident we will come up with medical memory enhancement in his lifetime, and I agree.

METRO WORLD NEWS

Best Health Minute

Yoga: the secret to eternal youth?



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the latest issue of Best Health, freelancer Jennifer Goldberg looks into the surprising benefits of yoga. It turns out that new research is showing it can keep us feeling young and healthy for life.

Here are a few examples from the article.

It helps flexibility. Older women who practise yoga may experience improved range of motion when performing everyday tasks. That means they can maintain their independence longer, since flexibility makes it easier to do routine things such as cleaning, bathing and cooking.

It improves balance. The risk of falling increases as we age because of a reduced sense of balance as well as muscle and bone strength.

About 20 per cent of injury-related deaths in seniors are linked to falls. Yoga improves your balance — making it less likely you'll fall. And if you have stronger core muscles, you're better able to right yourself if you trip or start to slip.

It helps your skin. Research suggests yoga could reduce the tissue inflammation that contributes to skin aging. When we're under stress, our bodies release cortisol, setting off a chain of events resulting in tissue inflammation. Learning to control your stress response through yoga postures



Yoga can keep you fit for life. ISTOCK

and breathing methods could reduce the inflammation and keep your skin looking younger and healthier.

FOR MORE WAYS YOGA CAN KEEP YOU YOUNG, SEE THE MARCH/APRIL ISSUE OF BEST HEALTH, ON NEWSSTANDS NOW.

3 LIFE

Your resolution quiz

Goals working out?

Justin Gelband, personal trainer to model Miranda Kerr, helps you figure out if you're reaching your personal potential in 2013.

ROMINA
McGUINNESS
romina.mcguinness@metro.lu

1. Over the last couple months, your workout routine consisted of:

A Daily 10-minute walks. First you would take the dog out to pee and then you would stock up on booze.
B A five-km jog in the park every Sunday morning and daily snowball fights.
C Daily, hour-long cardio or circuit training sessions. You set up a small circuit in your garden using ropes and metal bars so you could do push-ups, lunges, sprints and pull-ups.

2. Last month, you gained an average of:

A Five kilos. You blame the stuffing in the turkey and the butter in the mashed potatoes.
B Two kilos. Your family bans anyone from using the word diet at the dinner table and anyone who does

has to eat an extra slice of cake.

C Zero kilos. You allowed yourself one mince pie and a few glasses of champagne.

3. On average, how many calories do you consume in one day?

A 3,000 calories. It's cold out. Your body uses the food as fuel. Do the two cans of coke and morning venti hot chocolates count?
B You don't believe in calorie counting. You know very well when you've had enough to eat.
C 2,000 calories. You tend to eat things like broccoli, brown rice, yogurt, apples and almonds — and weigh each portion.

4. Your fitness routine is:

A Pretty much non-existent.
B Regular-ish. You try and go to the gym a couple of times a week but if you're too tired or hung-over you tend to pick the couch over the rowing machine.
C Set in stone. You let nothing interfere with your workout schedule.

5. You feel like you've had a good workout if you:

A Do 20 star jumps to stay warm and kill time as you wait for the bus.
B Manage to not walk out of that 45-minute body pump class.



So you're two months into your new year's resolutions. Still on track?

GETTY IMAGES/ISTOCKPHOTO

C Do a full hour of cardio (running or swimming) followed by 30 minutes of stretching (yoga or Pilates).

6. You're out of breath after you've:

A Walked up the 10 steps to your front door (they're super steep!).
B Do a 100-m sprint.
C Run for 10 km.

7. You have an hour to kill, do you:

A Make a massive bowl of popcorn drenched in sugar and butter

and catch up on TV

B Go to the gym but then realize you don't actually have enough time to do a proper workout, so you just go in the sauna for 15 minutes.

C Call up a friend and go play a game of tennis. If no one is around, you go for a 10 k bike ride.

8. Exercise makes you feel:

A Bored, tired and achy.
B Alert and happy, but in a lot of pain.
C Energetic, purposeful and alive.



Scoring key

Give yourself 1 point for every A, 2 points for every B, 3 points for every C

8 points: You definitely need to make some resolutions in 2013.

Whoa, what you need is a new life resolution. Your health isn't a priority, but just the fact you've done this quiz shows a willingness to start anew. Gelband believes that fitness is about cardio—nothing else: "It sets the platform for what your body can really take, it's the only way you will build a body that is strong enough to get something done," he explains.

9-16 points: You need to re-evaluate past resolutions.

Your approach to wellbeing is more "carpe diem" than cardio. "If

you want to assess how fit you are you need to think, 'How much did I eat and how much exercise did I do over the last three weeks?' Getting back into a routine after an extended break is always a struggle, so the best is to start with what's easy and effective and once again, that's cardio," says Gelband.

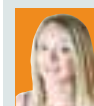
17-24 points: What you're doing is great, but you need to mix things up a bit!

"Don't always do the same thing, our bodies need variation. Try something that goes against the grain such as kick-boxing and dance cardio or pick an activity you haven't done in a while. It's healthy to challenge your body, it stops you from getting too rusty," says Gelband.



Saving for retirement is truly more expensive than in previous decades.
ISTOCK IMAGES

Just how expensive is your lineage?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

While working on my column last week, I started fiddling around with the retirement savings calculator on getsmarteraboutmoney.ca. One of the inputs required to generate a personalized RRSP savings scenario is the number of years a person plans to be retired for.

Though random things like accidents or disease can shorten life, lineage is a good predictor of how long you'll live. (It's also incredibly important to understand when trying to mitigate genetic health concerns).

For example, in my family this year, on my mother's side, my grandmother will turn 91 years old, my great aunt will turn 96 and great uncle will turn 97. On my father's side, my grandmother and grandfather will turn 91 and 90 years old. Barring an unforeseen circumstance, I expect to live long.

On one hand, living a long and full life is a gift. But, the financial implications of a long life are enormous; significantly more savings are required to sup-

port a more expensive retirement.

If the life expectancy of your ancestors has been shorter, don't underestimate the impact that medical advances will have on increasing your life expectancy.

When in doubt, turn to statistics to help you plan. Many experts believe that today's 20 to 30 something crowd will now live to more than 100 years old. Whereas according to Statistics Canada, Canadians currently live to 82 years.

This means that younger people today need to save more than previous generations to support a comfortable retirement. Yes — it truly is more expensive to live in this day and age than decades before us. So, you might want to downsize that \$5 Vente Vanilla Frappuccino to a \$2 tea, and put that \$3 savings into your RRSP.

If you're unfamiliar with your lineage, check out ancestry.ca to track down your biological family members.

This Friday is the 2012 RRSP deadline to have your contributions count toward the 2012 tax year. As you sit down with your financial advisor, talk about your RRSP, discuss your lineage and the implications it will have on your retirement savings program.

Follow Lesley on Twitter
@LesleyScorgie





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Beef up cabbage rolls by skipping rice in favour of orzo



ROSE REISMAN
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roserelism.com

Nothing cooks up better than savoy cabbage, which has a distinctively loose, full head of crinkled leaves. It's mild in flavour and doesn't lose its colour or texture after being simmered. It's not always available, however, so you may have to make do with ordinary green cabbage.

1. Bring pot of water to boil and cook whole cabbage 25 mins.; drain. When cool enough to handle, separate leaves carefully. Set aside 8 leaves.

2. Cook orzo in pot of boiling water 10 mins., until pasta is tender but firm. Drain and rinse under cold running water. Drain again and set aside.

3. Spray non-stick frying pan with cooking oil. Add mushrooms, onion and garlic, and cook over medium-high heat 7 mins, or until slightly browned.



This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Transfer to bowl. Add orzo, ground beef, barbecue sauce, 1 tsp dried basil, egg, salt and pepper; mix well.

4. Place about 1/3 cup of beef-orzo mix in centre of cabbage leaf. Fold in sides and roll up. Repeat with remaining filling.

5. Combine tomatoes and juice, brown sugar, remaining 1 tsp dried basil, water and lemon juice in a food processor; purée. Add raisins and pour mix into large non-stick saucepan over medium-high heat. Bring to boil, then reduce heat to low.

Ingredients

- 1 head green Savoy cabbage, core removed
- 1/2 cup orzo
- 1 cup chopped mushrooms
- 1/3 cup chopped onion
- 1 tsp minced fresh garlic
- 8 oz lean ground beef
- 3 tbsp barbecue sauce
- 2 tsp dried basil
- 1 large egg
- Pinch salt and black pepper
- 1 can (28 oz) tomatoes, with juice
- 3 tbsp packed brown sugar
- 1/2 cup water
- 1 tbsp freshly squeezed lemon juice
- 1/3 cup raisins (any variety)
- 3 tbsp chopped fresh basil or parsley

6. Add cabbage rolls and cook, covered, 1 hour and 15 mins., turning rolls over at halfway point through cooking. Serve hot, garnished with the fresh basil.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Comfort food without uncomfy pants



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is the end of February. Your resolution is long gone and you just want some comfort food — soft, starchy, warmth on a spoon that cradles your grey-day weariness.

What if you could have it both ways? Here are some foods that hit the gooey spot without contributing to the flabby spots.

1. Potatoes

Instead of peeling potatoes and boiling away all the flavour and nutrients, try baking russet potatoes whole and then scooping the pulp to mash. These are sweeter, maintain more nutrients and require much less butter and cream to make them creamy. Eat

the skins too as crispy snacks instead of potato chips.

2. Wheat pasta or quinoa

Swap wheat pasta for quinoa pasta. It has more protein and a lower glycemic response (many varieties are even gluten free). A teaspoon of olive oil and a tablespoon of grated Parmesan cheese is really all you need to trick yourself into believing it is mama's mac and cheese.

3. Barley

Try barley risotto instead of white rice with cream. Pot barley cooked in boiling water becomes creamy all by itself but it has much more fibre and B vitamins to support your stressed brain. Stir in some Parmesan cheese after cooking and dig in.

Comfort need not be an either/or proposition. With a little creativity, you can have both.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Dinner. Home-Sweet-Home Meatloaf



1. Preheat oven to 400 F (204 C). Line shallow baking pan with aluminum foil; spray foil with cooking spray. Set aside. Mix tomato sauce and sugar in small bowl; set aside.

2. Combine meat, diced tomatoes, bread crumbs and eggs; shape into a loaf in prepared pan.

3. Bake 30 minutes. Remove from oven; pour tomato sauce mixture over meatloaf. Reduce oven temperature to 350 F (177 C). Bake an additional 25 to 30 minutes, or until meatloaf is no longer pink in centre 160 F (71 C). Let stand 10 minutes before

cutting into 6 slices to serve.
NEWS CANADA/HUNT'S

Ingredients

- No-stick cooking spray
- 1 can (213 ml) Hunt's Original Tomato Sauce
- 2 tbsp firmly packed dark brown sugar
- 1 lb (500 g) ground sirloin beef
- 1 can (14.5 oz each) Hunt's Sweet Onion Chunky Tomatoes, drained
- 1 cup dry unseasoned bread crumbs
- 2 eggs, lightly beaten

Ready for a tingle on your tongue? Try Sichuan Beef

You can call it a peppercorn all you like, but the peppery ingredient that puts the buzz in Sichuan-style cooking actually isn't one.

Though it resembles and is used similar to black peppercorns, Sichuan pepper isn't a peppercorn at all. Rather, it is the dried rind of the berry-like fruit of the prickly ash tree. And you don't need to be a heat fiend to love it. Because while it does have a peppery bite, its real power is in the tingling feeling it leaves on your tongue, rather than a true heat.

In Chinese cooking, the

Ingredients

- 1 lb flank steak, thinly sliced across the grain
- 3 tbsp chili garlic paste
- 1 tbsp grated fresh ginger
- 1 tsp Sichuan pepper, crushed
- 1/4 cup vegetable oil
- 1 tbsp soy sauce
- 2 tbsp mirin or rice wine
- 3 stalks celery, thinly sliced on the diagonal
- 2 carrots, thinly sliced on the diagonal
- 3 scallions, cut into 1/2 inch pieces
- Rice or noodles, to serve



This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Sichuan pepper often is used with meats and is a basic component of five-spice powder. In this weeknight-friendly beef recipe, combine the Sichuan pepper with spicy chili garlic paste for a dish that will jump-start your mouth. Serve it over rice or noodles.

1. Place the flank steak slices

in a zip-close plastic bag. Add the chili garlic paste, ginger and Sichuan pepper. Seal the bag, then massage the seasonings into the meat. Refrigerate and allow to marinate at least 2 hours, and up to overnight.

2. When ready to cook, in a large, deep skillet or a wok over high, heat the oil until it

shimmers. Add the beef and sauté for 8 minutes, or until the beef is browned and starting to dry. Add the soy sauce, mirin, celery, carrots and scallions. Cook for another 4 minutes, or until the vegetables are crisp tender. Serve over noodles or rice.

THE ASSOCIATED PRESS



Boston Red Sox manager John Farrell, centre, watches from the dugout as the Red Sox get ready to take on the Toronto Blue Jays in MLB Grapefruit League baseball action on Monday in Dunedin, Fla. NATHAN DENETTE/THE CANADIAN PRESS

Farrell gets taste of what awaits in April

MLB. Blue Jays fans in Dunedin, Fla., greet former manager with boos as he leads Red Sox in spring training

The past and present managers of the Toronto Blue Jays crossed paths Monday.

John Farrell, who left Toronto to take over in Boston, brought a Red Sox split-squad to Florida Auto Exchange Stadium for a spring training game. He will face louder music, no doubt, when Boston visits Toronto in early April in its second series of the regular season.

Jays fans will likely have

something to say about Farrell's decision to jump ship, especially to an American League East rival. Those in Dunedin gave him a taste of what to expect with a hearty chorus of boos during introductions Monday.

"I appreciate that people might have differing opinions," Farrell told reporters earlier. "All I can do is go about my work, day in and day out. People are going to form their own impressions, so I certainly can't control that."

"April will get here when it does.... I fully respect that team. They've got a darn good team. And looking forward to competing against them."

Boston won 4-2 on the day, with Toronto manager John Gibbons and Farrell never ac-

Rare knuckleball duel

The knuckleball fraternity was in full force for Monday's game between the Toronto Blue Jays and Boston Red Sox.

- NL Cy Young Award winner R.A. Dickey gave up two runs and four hits in his Toronto spring training debut while fellow knuckleballer Steven Wright pitched two scoreless innings for the Boston split-squad in a 4-2 win over Toronto.

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tually making contact.

"I don't know John real well," said Gibbons. "I met him

a couple of years ago. I came to town with Kansas City."

Gibbons did reminisce with old friend Brian Butterfield, who left Toronto in the off-season after 11 years to become Boston's third-base coach.

Farrell, who spent four years as Boston's pitching coach prior to joining the Jays, told Toronto GM Alex Anthopoulos that the Red Sox managerial opening was his dream job. Toronto eventually traded Farrell to Boston last October to fulfil his wish.

Farrell seemed less than interested Monday in looking back, although he called his time in Toronto "two great years." And he stressed that he was as engaged in Toronto last season as he is with Boston this year. THE CANADIAN PRESS

NHL

Redmonds thank quick-acting Jets trainers, players

Winnipeg Jets defenceman Zach Redmond is in good spirits at a Raleigh, N.C., hospital after suffering a gash to his right femoral artery and vein at practice Thursday. His family issued a statement Monday thanking the Jets training staff and players for their quick action. THE CANADIAN PRESS



Zach Redmond GETTY IMAGES FILE

Murder case

Pistorius wants to train while on bail: S.A. official

Oscar Pistorius informed South African authorities Monday that he wants to resume athletic training while on bail for the murder case against him, a government official said.

A spokeswoman for the Olympic runner, however, denied he was making immediate plans to return to the track while awaiting trial for the Feb. 14 shooting death of his girlfriend, Reeva Steenkamp.

"Absolutely not," said spokeswoman Janine Hills. "He is currently in mourning and his focus is not on his sports."

The double-amputee Paralympian discussed bail terms with his probation officer and a correctional official at the Pretoria Magistrate's Court in the capital, according to correctional officials. THE ASSOCIATED PRESS

QB Brady signs extension with Patriots: Source



Tom Brady agreed to a three-year contract extension with the New England Patriots on Monday, a person familiar with the contract told The Associated Press. JOHN BAZEMORE/THE ASSOCIATED PRESS FILE

Tom Brady will be a Patriot until he is 40 years old.

Brady agreed to a three-year contract extension with New England on Monday, a person familiar with the contract told The Associated Press. The extension is worth about \$27 million US and will free up nearly \$15 million in salary-cap room for the team, which has several younger players it needs to resign or negotiate new deals with.

The person spoke on condition of anonymity because the extension has not been announced.

Sports Illustrated first reported the extension.

The 35-year-old two-time

Below market value

A three-time Super Bowl champion, Tom Brady will make far less in the three seasons of the contract extension than the going rate for star quarterbacks.

- Drew Brees and Peyton Manning are the NFL's highest-paid quarterbacks, at an average of \$20 million and \$18 million a year, respectively.

league MVP was signed through 2014, and has said he wants to play at least five more

years.

Brady has made it clear he wants to finish his career with the Patriots, whom he led to Super Bowl wins for the 2001, 2003 and 2004 seasons, and losses in the big game after the 2007 and 2011 seasons. By taking less money in the extension and redoing his current contract, he's hopeful New England can surround him with the parts to win more titles.

Among the Patriots' free agents are top receiver Wes Welker and his backup, Julian Edelman; right tackle Sebastian Vollmer; cornerback Aqib Talib; and running back Danny Woodhead. THE ASSOCIATED PRESS



BY KELLY ANN BUCHANAN

Horoscopes

Aries

March 21 - April 20

If you have the slightest doubts about a person's honesty then don't take any risks. With retrograde Mercury impacting your ruler Mars today there are sound astrological reasons you cannot afford to be reckless.

Taurus

April 21 - May 21

Stick to methods and routines you are familiar with and make sure you focus on one thing at a time. Let other people worry about the bigger picture: Your talent is making sense of all the little details.

Gemini

May 22 - June 21

If you believe you are destined for bigger and better things then now is the time to get serious about making a name for yourself. Firstly, clarify your aims: The simpler your objectives, the easier they will be to reach.

Cancer

June 22 - July 23

If you still can't get someone to tell you what you need to know then why not adopt a more agreeable manner and hope they open up later on? Chances are you have been a bit too forceful for your own good.

Leo

July 24 - Aug. 23

Someone may be looking for a fight but if you are smart you will stay out of their way. Most likely they are all talk and no action but, who knows, maybe they really do want a showdown.

Virgo

Aug. 24 - Sept. 23

You won't be very communicative today. It seems you have important things on your mind — things you need to consider carefully before reaching a decision. If others want to talk, let them talk among themselves.

Libra

Sept. 24 - Oct. 23

You appear to have lost enthusiasm for something you once had high hopes for. That's OK. People change as time goes on and there is no need to feel guilty about it. You don't have to finish every job you start.

Scorpio

Oct. 24 - Nov. 22

It may annoy you that you are being held back from something but there is a good cosmic reason for it. Mercury retrograde means a number of things won't make much sense, at least not until later.

Sagittarius

Nov. 23 - Dec. 21

Take it easy today. If you charge into situations blindly, you are likely to mess things up — and maybe make a few enemies in the process. A more laid back approach now will pay dividends throughout the week.

Capricorn

Dec. 22 - Jan. 20

Don't give in to pressure and don't let anyone divert you away from the goal you have set yourself. Your birth sign is noted for its focus and commitment, so head in a straight line for your target.

Aquarius

Jan. 21 - Feb. 19

You may have the kind of idea today that you think will solve all your problems, but is it really so great? The planets warn you could be deceiving yourself, so get a second opinion from someone you trust.

Pisces

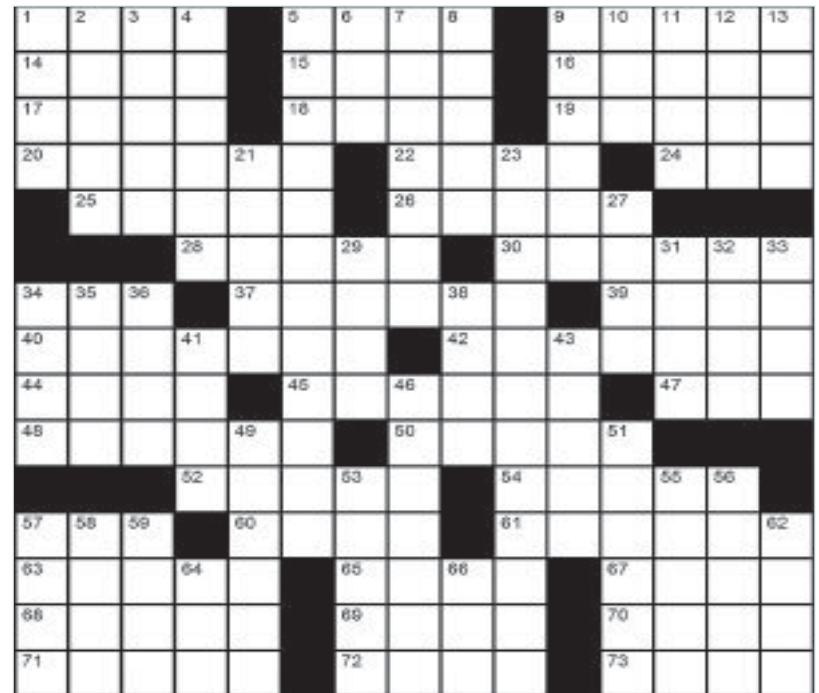
Feb. 20 - March 20

Why are you worrying so much about the future when the only thing that matters is today? Put plans for tomorrow and next week and next year out of your head and ask yourself "What can I do now?" **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Singer Ms. Jordan
 - "Rio ___" (1970) starring John Wayne
 - John of "SCTV"
 - ___ bit of light in (Tilt the blinds)
 - Hamilton football venue until recently, ___ Wynne Stadium
 - Keep ___ head (Remain calm)
 - ___ now (Up to this point)
 - Playthings
 - Dish out
 - Be the final player up: 2 wds.
 - "___ la vie!"
 - US political designation
 - Danger
 - The Hunter constellation
 - Stagnant
 - Aspirations
 - Mudbath locale
 - Mr. Kutcher
 - Hockey movie, "___ Shot" (1977)
 - metronews.ca, for one
 - Use a ruler
 - Botanical 'coat'
 - Prince William's brother, and others
 - Huffy
 - Richard Gere flick, "American ___" (1980)
 - "American Idol" Season 5 winner, Taylor ___
 - Hockey great Mr. Hull
 - Practice eco-friendliness
 - Band-Aid, et al.
 - Comic Mr. Macdonald
 - Proprietors
 - B-day web greeting
 - Feels yucky
 - Montreal-born singer Vannelli
 - "Party Rock Anthem" duo
 - Door handle
 - "From here ___": 2 wds.
 - Ambulance signal
 - Like omelets
 - "Disco Duck" singer Rick
- ### Down
- Smelting waste

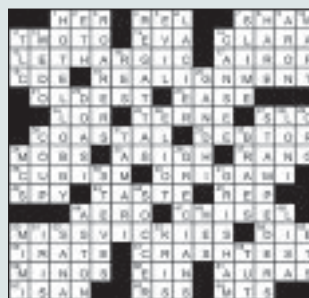


- Ancient teller of fables
- Swiped
- "Surfin' ___" by The Beach Boys
- '80s TV series starring a dog, "The ___"
- Ab ___ (From the beginning, in Latin)
- Type of protest
- Canadian figure skating great Brian
- Beaver: French
- Hotshot
- North: French
- Peace bird

- Cosmology's original matter
- Mount of the Bible
- Hockey star from Nova Scotia: 2 wds.
- Scotland's Loch ___ Monster
- "Cheers" star Ms. Perlman
- Reunion attendee
- Actress, Rooney ___
- Accelerated
- Celebrity 'gifting suites' items, ___ bags
- Ms. Gilpin of "Frasier"
- '80s hit: "In ___ Country"
- Actor Mr. Katz

- Untidy type
- Lopsided
- Rapper's skill
- Ontario city
- Ra, in ancient Egypt: 2 wds.
- Car stopper
- River of Paris
- "Sesame Street" character
- Phone nos.
- Caesar's 1901
- Johannesburg, ___
- Family members
- Actress, ___ Dawn Chong
- Captain's record

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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